

Household Commodity Fact Sheet

**PEAS, BLACK-EYED, DRY**

Date: April 2009

Code: A910

PRODUCT DESCRIPTION

- Dry black-eyed peas (cowpeas) are Grade U.S. No. 1.

PACK/YIELD

- Dry black-eyed peas are packed in a 2-pound bag. A 2-pound bag of dry black-eyed peas will make about 28 servings (½ cup each) after cooking.

STORAGE

- Store dry peas in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry peas in a tightly covered container or plastic bag.
- Store cooked peas in a covered container that is not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Dry peas should be sorted to remove small stones or other foreign objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or peas that are broken, discolored, or wrinkled.
- Once sorted, place peas in a pot, strainer, or colander and rinse a few times under cold running water.
- Place the peas in a pot and add water to cover the beans. Dry peas will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back for directions on soaking.*

USES AND TIPS

- Cooked black-eyed peas can be used cold in salads, or in soups, stews, casseroles, and chili. They can also be served as a side dish.

NUTRITION INFORMATION

- ½ cup of cooked dry beans count as 2 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group or as ½ cup in the Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- ½ cup of black-eyed peas are low in fat, cholesterol-free and provide more than 20% of the daily recommended amount of fiber.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes go to: http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm

NUTRITION FACTS

Serving size: ½ cup (86g) cooked black-eyed peas without salt

Amount Per Serving

Calories	100	Calories from Fat	5
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 18g			6%
Dietary Fiber 6g			24%
Sugars 3g			
Protein 7g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 10%	

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Cholesterol 0mg			0%
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Sugars 3g			
Protein 7g			

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.

OVERNIGHT SOAK METHOD

Note: Make sure you use a large enough pot since peas expand to double or triple their size when soaked and cooked.

1 CUP DRY PEAS MAKES ABOUT 3 CUPS COOKED PEAS.

1. Place peas in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked peas; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil; turn the heat down to low, and cook slowly until tender – about 2 hours.
5. You may need to add more water during cooking. The peas are now ready to use in recipes that call for cooked or canned peas.

Tip

For recipes with a long cooking time, like soups or baked beans, you can use the drained peas once they have soaked overnight and then follow directions in the recipe.

QUICK SOAK METHOD

(To use peas the same day):

1. Place peas in a pot and cover with water at least 3 inches above the peas.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the peas soak in the water for about an hour. The peas are now ready to use in recipes that call for cooked or canned peas.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, beans4health.com.

HOPPIN' JOHN

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 cups water
- 1 cup rice, uncooked
- ½ cup onion, chopped
- 1 cup black-eyed peas, cooked
- 2 garlic cloves, chopped
- ½ pound turkey ham, thawed and cut into cubes (or regular cooked ham instead)
- Pepper to taste

Directions

1. Place water in pot and add rice, onion, and garlic.
2. Bring rice and water to boil and cover; turn heat to low and cook in covered pot, for about 20 minutes.
3. Add black-eyed peas, turkey, and pepper. Continue cooking on low heat until rice is tender.

Nutrition Information for 1 serving of Hoppin' John

Calories	300	Cholesterol	35 mg	Sugar	3 g	Vitamin C	2 mg
Calories from Fat	30	Sodium	520 mg	Protein	16 g	Calcium	28 mg
Total Fat	3 g	Total Carbohydrate	52 g	Vitamin A	10 RAE	Iron	4 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe adapted from RecipeZaar.com.

BLACK-EYED PEA SALAD

MAKES ABOUT 8 SERVINGS

Ingredients

- 3 cups cooked black-eyed peas
- ½ cup chopped onion
- ½ cup chopped celery
- 1 small green bell pepper, seeded and chopped
- ¼ teaspoon salt

Dressing

- ¼ cup cider vinegar (or use regular white vinegar instead)
- 1 teaspoon dried basil (if you like)
- 2 cloves of garlic, crushed
- 1 ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup vegetable oil (can use olive oil instead)

Directions

1. In a large serving bowl, combine black-eyed peas, chopped onion, celery, green pepper and salt. Set aside.
2. Dressing: In a small bowl or other container, mix together vinegar, garlic, sugar, salt, and pepper. If using basil, add that too. Slowly add the oil while mixing the dressing; stir until dressing is well-blended. A blender can be used to prepare the dressing.
3. Pour the dressing over the black-eyed peas and vegetables. Cover and refrigerate until chilled – about 2 hours or overnight.

Nutrition Information for 1 serving (about ½ cup) of Black-Eyed Peas Salad

Calories	210	Cholesterol	0 mg	Sugar	6 g	Vitamin C	6 mg
Calories from Fat	50	Sodium	180 mg	Protein	11 g	Calcium	43 mg
Total Fat	5 g	Total Carbohydrate	31 g	Vitamin A	18 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	9 g				

Recipe adapted from RecipeZaar.about.com.